

Eggplant & cheese bake



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Preparation: about 25 minutes

Cooking: about 55 minutes

Serves: 6

A great dish for sharing! Serve with crusty bread.

3 small (about 1 kg) eggplants, trimmed and cut into 1cm-thick slices

Cooking oil spray

1 ½ tbs olive oil

1 medium brown onion, finely chopped

2 garlic cloves, finely chopped

500ml jar tomato pasta sauce

Ground black pepper

150g fresh ricotta cheese, crumbled

125g feta cheese, crumbled

100g parmesan cheese, finely grated

small basil leaves, to serve

1. Preheat oven to 180°C/160°C fan-forced. Preheat a large greased char-grill or non-stick frying pan over medium-high heat. Liberally spray eggplant slices on both sides with oil. Char-grill or pan-fry, in batches, for 1-2 minutes on each side until just tender. Transfer to a plate.
2. Heat oil in a frying pan over medium high heat. Add onion and garlic and cook, stirring often, for 5 minutes until tender. Add tomato sauce. Season with pepper to taste. Stir to combine and simmer for 5 minutes.
3. Grease an 8-cup (about 4-5cm deep) baking dish with oil spray. Layering ingredients, arrange half the eggplant in the base of the dish. Spoon over half the tomato mixture. Sprinkle with half the ricotta, feta and parmesan. Repeat using remaining ingredients. Bake for 30-35 minutes until hot and bubbling. Sprinkle with basil leaves. Serve hot or at room temperature.



Eggplant

- A good source of dietary fibre, which is important to keep the bowel functioning efficiently.
- Provides some folate (one of the B vitamins) that is important for heart health.
- To preserve its low fat content, bake, grill or barbecue eggplant rather than frying it.